

Following the Taoiseach's announcement of further restrictions & measures on Friday evening, Minister Murphy has asked all Chief Executives that they immediately operationalise the Framework for Local Authority Community Support and put the helplines and support structures in place over the weekend.

Following a very busy weekend the Local Authority Community Response Forum in every local authority area are coordinating and ramping up work to help ensure all vulnerable members of our communities affected by these new arrangements are appropriately supported.

Chaired and coordinated by each local authority Chief Executive, the Forum will include members of the Local Authority, the HSE, county champions, An Post, Community Welfare Service, An Garda Síochána, Other Statutory Bodies, the Community & Voluntary sector and of course the local Age Friendly Programme. It will lead the coordination of COVID-19 community supports and resilience in each area.

The Forum will ensure the provision of the following services:

- Collection and delivery of food, essential household items, fuel, medication in line with guidance
- Transport to community testing centres, clinical Assessment Hubs, GP and hospital appointments
- Social isolation, supports, engagement
- Meals and their delivery
- Other medical/health needs

Community support helpline/call centre numbers for each Local Authority are available on their respective websites



One of the things that the **Taoiseach** spoke about during Friday night’s announcement was cocooning.

Cocooning is a measure to protect those over 70 years or those extremely medically vulnerable by minimising interaction between them and others. This means that these people should not leave their homes. This advice will be in place for 2 weeks from 27 March 2020. This period will be kept under review. Further information is available [here](#)



The **HSE** has announced that Dublin's Citywest Hotel will be used as an isolation and step-down facility for people with Covid-19. The Citywest Hotel will be the first of a number of isolation locations that will be rolled out around the country. 750 beds at the Dublin facility will be used by people who have tested positive for Covid-19, don't require hospitalisation and are unable to self-isolate at home. Those who need to use the facility will be referred by GPs.

Health Minister, Simon Harris says that Citywest and other facilities coming available is 'progress', adding that 'this provides us with hundreds of isolation rooms & step-down facilities. We will do whatever it takes to support our people and keep them well at this tough time.'



An Garda Síochána have released a leaflet containing home crime prevention advice during Covid 19 (please see attached)

“As a community at this time we need more than ever to support the most vulnerable in our society, particularly our elderly and isolated. An Garda Síochána has always worked closely with our communities and we continue to do so in these extraordinary times”.

Deputy Commissioner John Twomey



The Department of Housing has said that over 560 beds have been secured in Dublin for any homeless people who need to self-isolate because of Covid-19.

Housing Minister Eoghan Murphy said that “significant space” in Cork and Galway has also been secured to meet any isolation needs that may arise. More [here](#)



The COVID-19 virus has created considerable uncertainty for everyone, but this is compounded for people who are Deaf or Hard of Hearing who regularly face communication challenges in their daily lives. Even tasks like contacting the doctor to arrange a COVID-19 test or contacting a utility company, banks or social welfare offices are especially difficult due to the lack of accessible pathways to engage with these services. Many older citizens have significant hearing loss and experience these barriers on a regular basis. Chime is here to help.

Anyone can get in touch with Chime: simply call **1800 256 257**; text **087 922 1046**; or email info@chime.ie



During these difficult times the Irish Cancer Society Freephone Nurseline has extended its hours and is open Monday to Thursday 9.00am – 8.00pm, and Friday/Saturday/Sunday 9.00am – 5.00pm for help and support.

Call Freephone 1800 200 700 or email cancernurseline@irishcancer.ie








An **Air Lingus** flight carrying Personal Protection Equipment (PPE) from China has landed in Ireland over the weekend. It is the first of 10 flights to Beijing to deliver PPE to Ireland as part of a €208m deal. The equipment including masks, gowns and eye shields is now being distributed to health care facilities around the country to help protect front line healthcare workers as they work in the coming days and weeks.



Following the Age Friendly pilot in Counties Meath, Limerick and Fingal last year we are reminding people that the ACORN smart tablet has been designed and developed with older people in mind. It is easy to use, easy to navigate and uncluttered, making online communication and access to the internet simple and rewarding for even the most inexperienced user. With built-in 4G users are automatically connected to the internet. A good option for those less experienced with technology and limited access to broadband.

If you are interested in the Acorn Smart Tablet you can contact Cliffmun Media by phoning 0858881657 or by email to info@myacorn.ie

	<p>SuperValu, Centra and the GAA have partnered up to launch a new initiative to support older people in Ireland during the coronavirus crisis. The goal of Club Together is to capitalise on Ireland's unique community spirit, by helping older people who do not have family and friends around to support them. SuperValu, Centra and the GAA have appealed to GAA Clubs across the country to volunteer to be part of Club Together. See more here</p>
	<p>Siel bleu live exercise classes - Every day at 11am and Monday to Friday at 2pm Siel Bleu have LIVE exercise classes on their Facebook and YouTube channels.</p> <p>More info & Schedule available here</p>
	<p>Joe Wicks (aka the Body Coach) has released a range of home workout videos specially designed for seniors, with gentle exercises to get everyone moving, no matter their age or range of mobility.</p> <p>With simple 10-minute sessions, Wicks explains exercises to get your joints moving and your heart rate up, including gentle marches, rotations, toe touches and more. Each exercise is clearly explained, and the workouts don't require any special equipment. You can view Joe's YouTube Channel here</p>

Local Updates	
	<p>The Fingal Community Response to #Covid_19 Funding scheme is administered by Fingal County Council Community Culture & Sports to provide support to voluntary & community groups mobilising in response to COVID-19 in Fingal.</p> <p>Application form available here</p>
	<p>COVID-19 is having a huge impact on small businesses and in an effort to support and advise businesses through this crisis Laois Local Enterprise Office are offering a free 30-minute mentoring session for all existing businesses in Co. Laois.</p> <p>To book your free session visit: https://localenterprise.ie/Laois/Training-Events/Online-Bookings/</p>



People living in a seaside village in Co Sligo have been erecting flags from all over the world to show solidarity with other countries affected by Covid-19. The initiative by the Rosses Point Development Association has seen flags raised on poles along the popular promenade walk in the village. To emphasise the importance of physical distancing, the flags have been placed on every second pole with the Irish flag on a green area across from the seashore path

Your Voice



We've heard about so much good work going on all around the country, please let us know what's happening in your area so we can share those innovative ideas with everyone. Please email us your news to Rachel at rleavy@meathcoco.ie Information is one thing we can share right now!

International Updates



WHO Global Network
for Age-friendly Cities
and Communities

WHO Health Alert brings COVID-19 facts to billions via. Users can simply type "hi" and send to **+41 79 781 87 91** to activate the conversation, prompting a menu of options that can help answer their questions about COVID19.



In Canada the government is giving \$9 million through United Way Canada to help local organisations support seniors with services, including grocery delivery, medications and check-ins. The federal minister responsible for seniors, Deb Schulte, says nine million dollars has been set aside to help those most at risk.

Important Tips

Always have your **Eircode** close by in case of emergency. You can find your Eircode [here](#)

Perhaps keep a **daily diary** to record the people you are in contact with every day, so if you develop symptoms it will be easier to trace them

Useful Contacts

Age Friendly Ireland Shared Service Office

T: 046 9097413 E: rlavy@meathcoco.ie

HSE Advice Line:

Call from 8am – 8pm Monday to Friday and
10am to 5pm Saturday and Sunday

Callsave 1850 24 1850

Coronavirus COVID-19
The Facts

Most at Risk

- Anyone who has been to an affected region in the last 14 days AND is experiencing symptoms
- Anyone who has been in close contact with a confirmed or probable case of COVID-19 (Confirmed) in the last 14 days AND is experiencing symptoms

Prevention

- Wash** - Wash hands with soap and water for at least 20 seconds
- Cover** - Use tissues to cover your nose and mouth when coughing or sneezing. Throw away the tissue immediately
- Avoid** - Avoid close contact with people who are coughing or sneezing
- Clean** - Clean surfaces that people may touch often and regularly

Symptoms

1 Cough, 1 Fever, 1 Sore throat, 1 Runny nose, 1 Loss of taste or smell

Affected Regions

Check the list of affected regions on www.hse.ie

What to do if you are at risk

- For those in an affected region in the last 14 days and with symptoms:**
 1. Stay home
 2. Avoid public places
 3. Avoid public transport
 4. Avoid close contact with others
- For those who have been in close contact with a confirmed or probable case of COVID-19 (Confirmed) in the last 14 days and with symptoms:**
 1. Stay home
 2. Avoid public places
 3. Avoid public transport
 4. Avoid close contact with others
- For those who have been in close contact with a confirmed or probable case of COVID-19 (Confirmed) in the last 14 days and without symptoms:**
 1. Stay home
 2. Avoid public places
 3. Avoid public transport
 4. Avoid close contact with others

© 2020 HSE. All rights reserved. www.hse.ie

HSE **Ádhara na hÉireann**
Commission of Health